

What is claimed is:

1. A hand-held eating utensil, comprising:
a food holding section;
5 a food storage section selectively operatively communicated to the food holding section; and,
wherein associated food is substantially completely enclosed within the eating utensil.
- 10 2. The utensil of Claim 1, wherein the food holding section is a spoon.
3. The utensil of Claim 1, further comprising:
a food passage valve adapted to selectively operatively communicate associated food from the food storage section to the food holding section.
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4. The utensil of Claim 3, wherein the food storage section is selectively refillable with associated food.
5. The utensil of Claim 3, wherein the food storage section is selectively connected
20 to the food storage section.
6. The utensil of Claim 5, wherein the food storage section is made from a resiliently deformable material.
- 25 7. The utensil of Claim 6, wherein the food storage section is made from plastic.
8. The utensil of Claim 3, wherein the food passage valve comprises slits fashioned in the food holding section.